



Patricia Raskin

POSITIVE LIVING SHOW

The Patricia Raskin Show Monday at 11 AM Pacific

September 09th 2019: Richard Kuritz-Communication/Susan Lambert-Thriving

In the first half hour Patricia interviews Richard Kuritz, Political Scientist, Writer and Media Relations Specialist who will discuss insight into the art, craft and business of communication...and the lack thereof. In the second half hour Patricia interviews Susan Lambert, a licensed psychotherapist, teacher and spiritual practitioner. She will discuss her mantra underscoring her path that has always been 'learn and grow with curiosity and focus using the mind, body and heart to thrive in everyday life!' This is what she shares with others.



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VoiceAmerica Variety Channel

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Featured Guests



Richard Kuritz

Richard Kuritz is a Political Scientist, Writer, PR Strategist and Carpenter, and an unapologetic transplanted New Yorker loving the San Diego sunshine. Rich works as a Media Relations Specialist, bringing experts to media around the country. His background includes finance, construction and politics. He keeps an independent perspective on America that crosses party lines and is anchored in common sense and the Constitution. Rich shares the Southern California sunshine with his high school sweetheart and their fierce dogand he swears he will finish his novel any day now.

[Read more](#)



Susan Lambert

Susan Lambert is a licensed psychotherapist, teacher and spiritual practitioner whose successful 25-year private practice has included cognitive, insight-oriented and mindfulness approaches with a diverse clientele of all ages. After gaining advanced degrees in psychotherapy from New York University and in teaching arts from University of the Arts, she began her journey to integrate psychological study with spiritual practice and the arts.

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